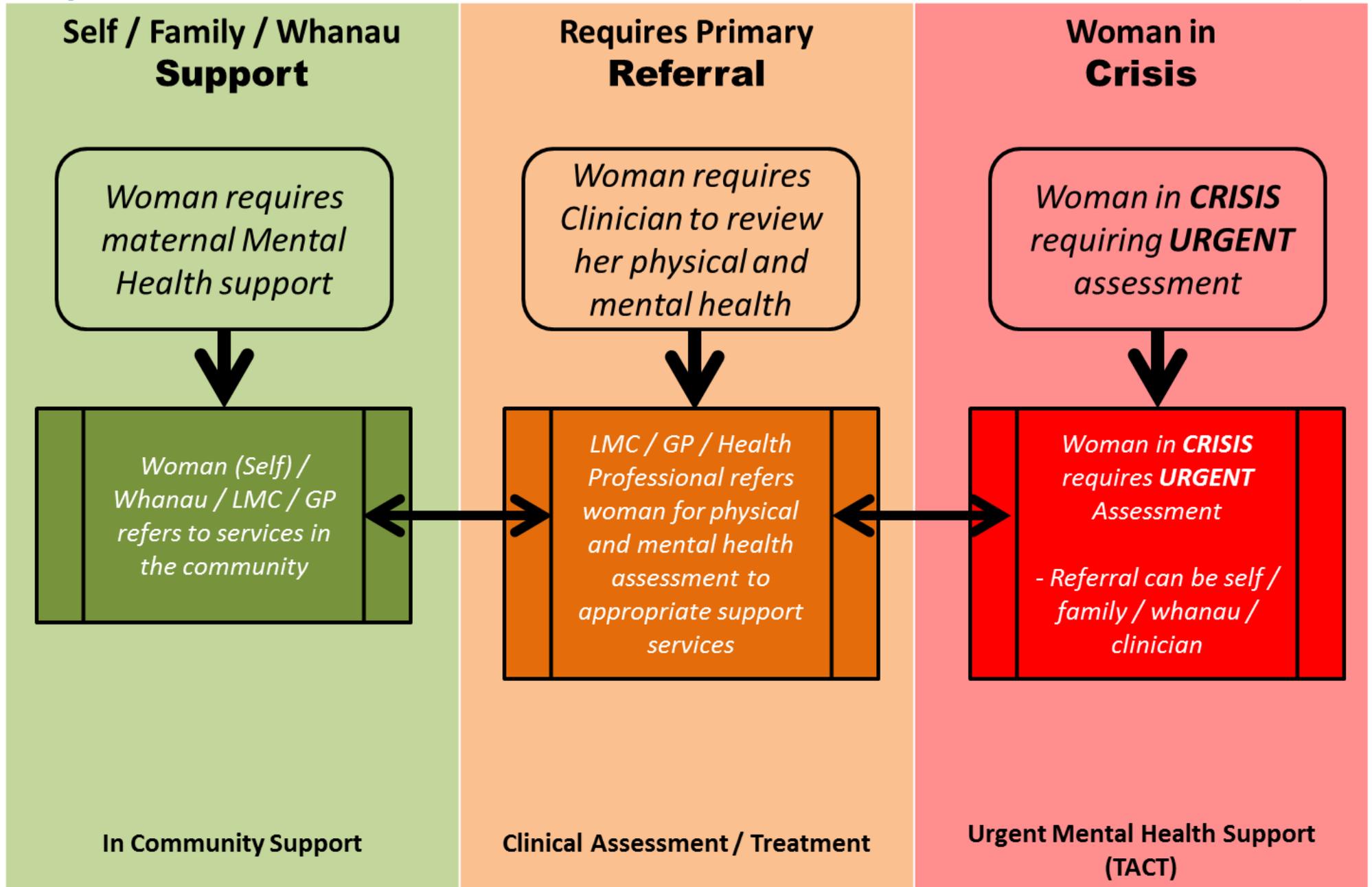


Maternal Mental Health Pathway





Support

In Community **SUPPORT** *(can self-refer into these supports)*

General Practitioner (GP)	Coast wide	Clinical review, diagnosis, risk assessment and referral to other agencies e.g. PHO for counselling.
Emerge Aotearoa (0800) 000 029	Coast wide	Community based support service that promotes recovery and community involvement for people experiencing mental health issue or addiction.
PACT West Coast (03) 768 6660	Buller, Grey, Westland	Mental Health and addiction support for parents / caregivers.
Poutini Waiora (0800) 333 170	Buller, Grey, Westland	Counselling; alcohol and other drugs, Mama and Pēpi; promoting bonding for newborn babies up to 2 years age.
Sands – Kirsty Oliver (027) 644 2051 www.sands.org.nz	Coast wide	Support for those experiencing pregnancy, baby or infant loss and support for pregnant mums after experiencing loss.
Cornerstone Family Support (03) 768 4290	Coast wide	Home visits or at private whanau rooms; education, information, liaison with WCDHB mental health services and other appropriate permissions e.g. family start.
Family Start (03) 768 6568 Press “2”	Coast wide	Intensive home visiting parenting support that focuses on the parent-child relationship and child development from pregnancy until 3 years of age; also supporting families to access welfare, health, education and other necessary services.
Homebuilders West Coast Trust Wpt: (03) 788 8065 Grey: (03) 768 6665	Grey & Westport Offices	Home based support service for families / whanau facing difficulties, needing support and / or wanting to make changes in their lives; counselling, parenting programmes. Support for families.
Potikohua Trust (No. 37) (03) 789 6000	Buller	Provide drop-in support and services to women and their families including private counselling, seminars and events.
Presbyterian Support (03) 768 7158	Buller, Grey, Hoki	Single parent benefit administration, services where violence is a factor in the relationship.

FREE Phone support available 24 hours / 7 days a week

Healthline (0800) 611 116 *Advice and information from a registered nurse* **Text / talk to a trained counsellor** 1737 or (0800) 1737
Plunketline (0800) 933 922 *Support and advice for all whānau and caregivers including child health & wellbeing, parenting issues, mental health and referrals*

Clinical Assessment / Treatment – requires **REFERRAL**

Referral

General Practitioner (GP)	Coast wide	Clinical review, diagnosis, risk assessment and referral to other agencies e.g. PHO for counselling.
West Coast PHO (03) 768 6182	Grey & Westport	Brief Intervention Counselling during pregnancy and the postnatal period (requires GP referral).
Adult Mental Health Teams	Buller (03) 788 9234	Greymouth (03) 769 7805
In-Hospital Support: x2924 social worker	Grey Base Hospital For Inpatients Only	Provide advice and support about the appropriate course of action. Provide referral to other agencies.
Sth Island Mothers & Babies Service (03) 337 7708 <i>Christchurch based Inpatient service & Consultation</i>	Requires Referral from WC MH Services	Consultation with WC MHS and Inpatient treatment where appropriate. Available for GP phone consultation (after referring to Perinatal Mental Illness in Community HealthPathways).

URGENT mental health support for woman in **CRISIS**

CRISIS

Crisis Response (0800) 757 678	Coast wide	Based in Greymouth, but providing Coast wide support, Crisis Response operates from 8 am until 4.30 pm every day. Home Care Medical triage all calls from 4.30 pm – 8 am all weekends and public holidays – they will contact Crisis Response if clients need to be seen face to face.
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